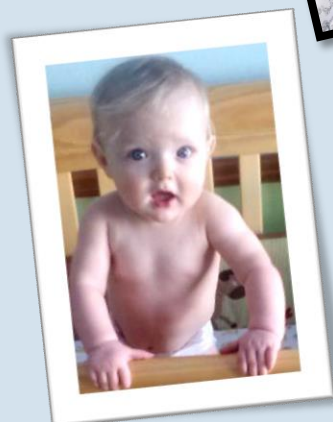


McHenry County Department of Health

WIC

women, infants and children



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Nutrition Education
Healthy Food



Breastfeeding Support
Healthcare Referrals

Strengthening Families for 40 Years

The Special Supplemental Nutrition Program for Women, Infants and Children

Funded and administered at the Federal level by:



and by Illinois Department of Human Services (DHS)





MISSION

To safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.



The WIC Program goes beyond providing families with food, nutrition education, and breastfeeding support.

WIC serves as a gateway to healthcare and connects families to the resources they need.

WHAT DOES WIC OFFER?



- Mini Health Screening
- Nutrition evaluation
- Voter registration
- Group and individual nutrition education
- Referrals



ELIGIBILITY CRITERIA

- Income guidelines set by the *Federal Government*
 - *Income \leq 185% of poverty level*
- Demonstrate a nutritional risk
- Preferably live in McHenry County



Participation in certain State programs *may* also qualify as eligibility:

- TANF (Temporary Assistance to Needy Families)
- SNAP (Food Stamps)
- Medicaid



CATEGORIES FOR WIC

- Infants
- Children under 5 years old
- Pregnant women (up to 6 weeks after delivery)
- Postpartum women
(up to 6 months after delivery)
- Breastfeeding women
(up to 1 year after delivery)



FACT:

More than **50%**
of infants in the
USA participate
in **WIC**



WIC WORKS!

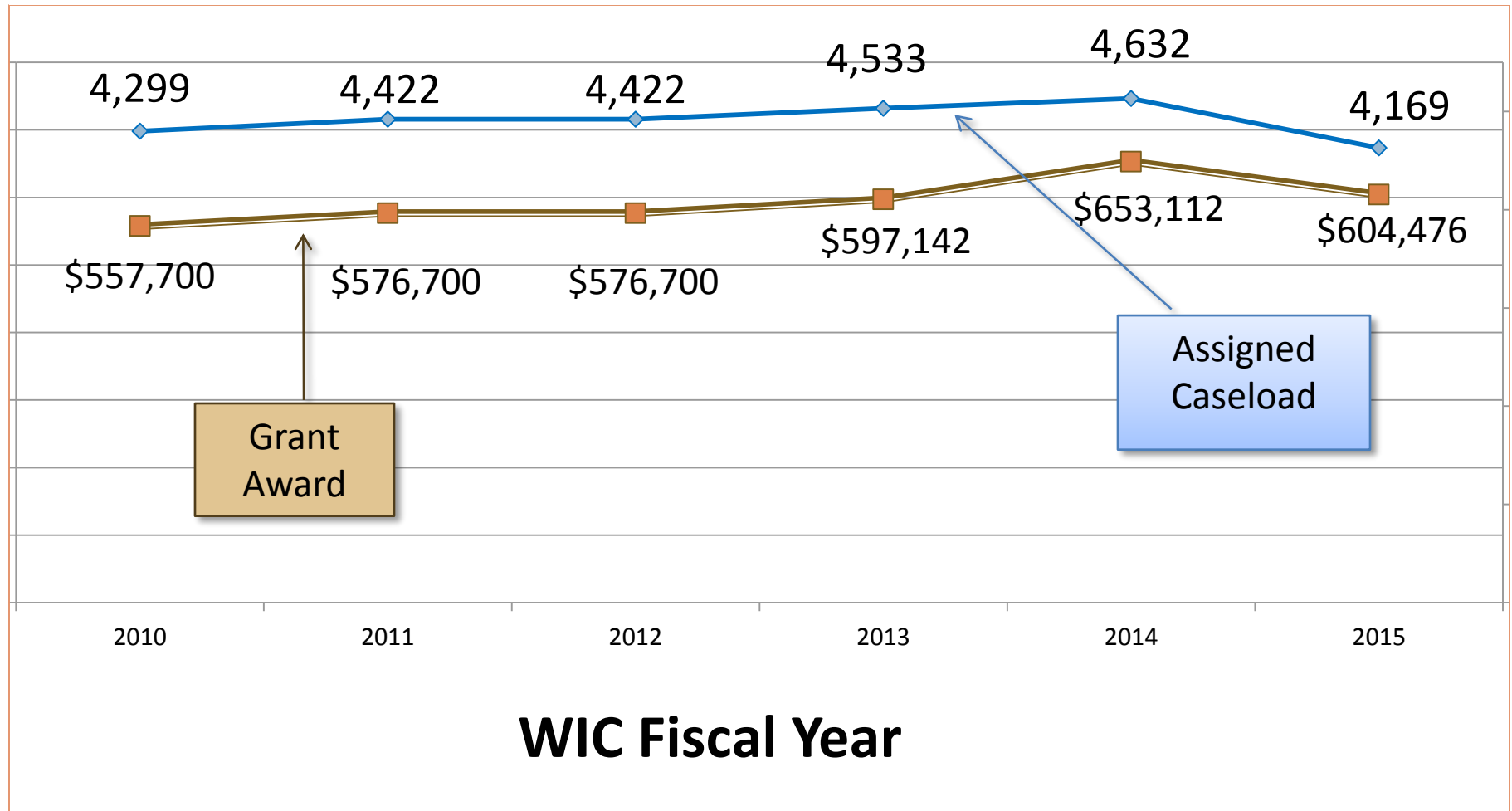




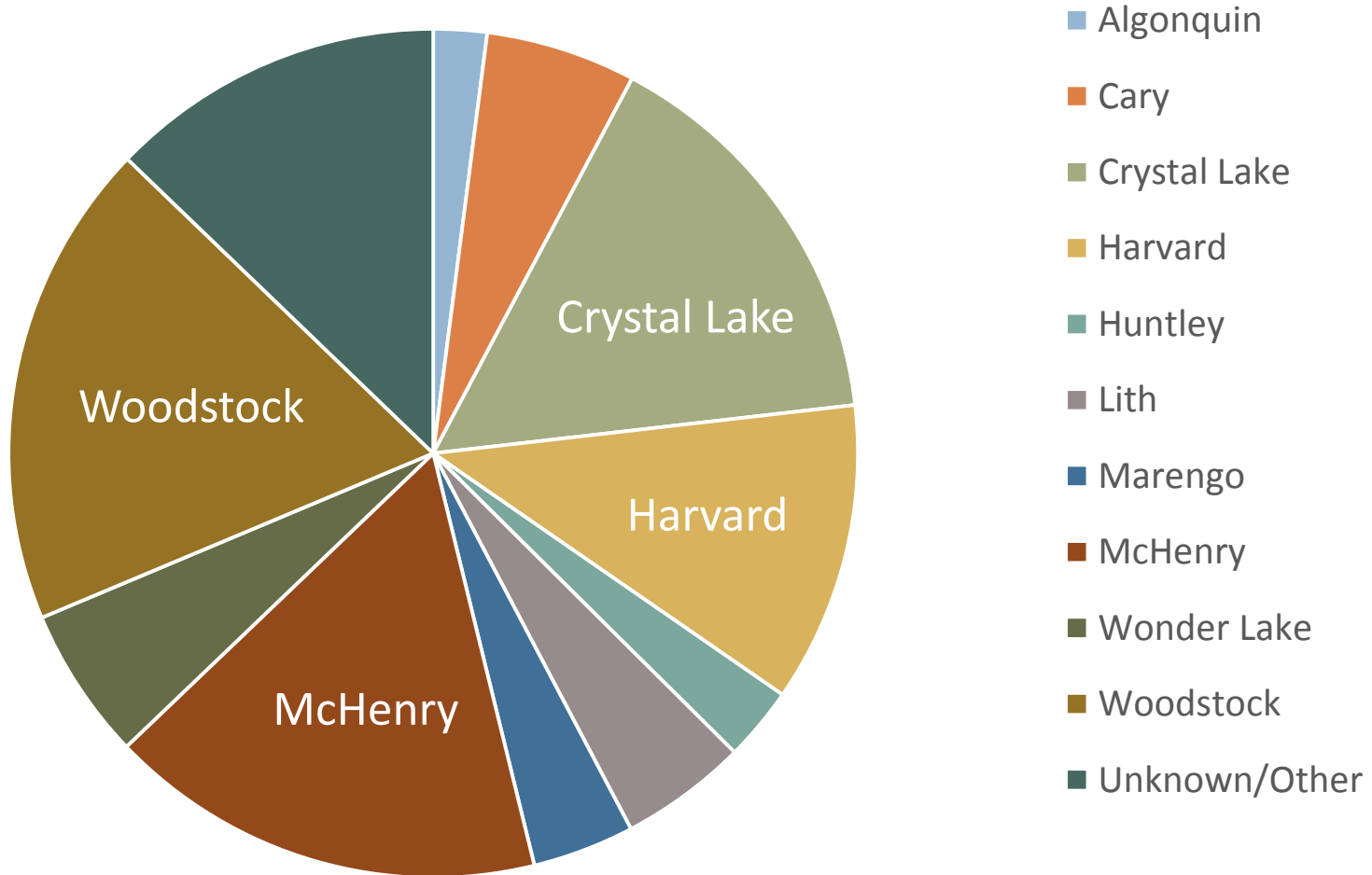
WIC PROGRAM STAFFING

- ◎ Program Coordinator
- ◎ International Board Certified Lactation Consultant (IBCLC)
- ◎ Registered Dietitians – (1.75 FTE)
- ◎ Nutritionists (Certifying Health Professionals) (4.85 FTE)
- ◎ Office Assistants – (5.7 FTE)
- ◎ Breastfeeding Peer Counselors (1.05 FTE)

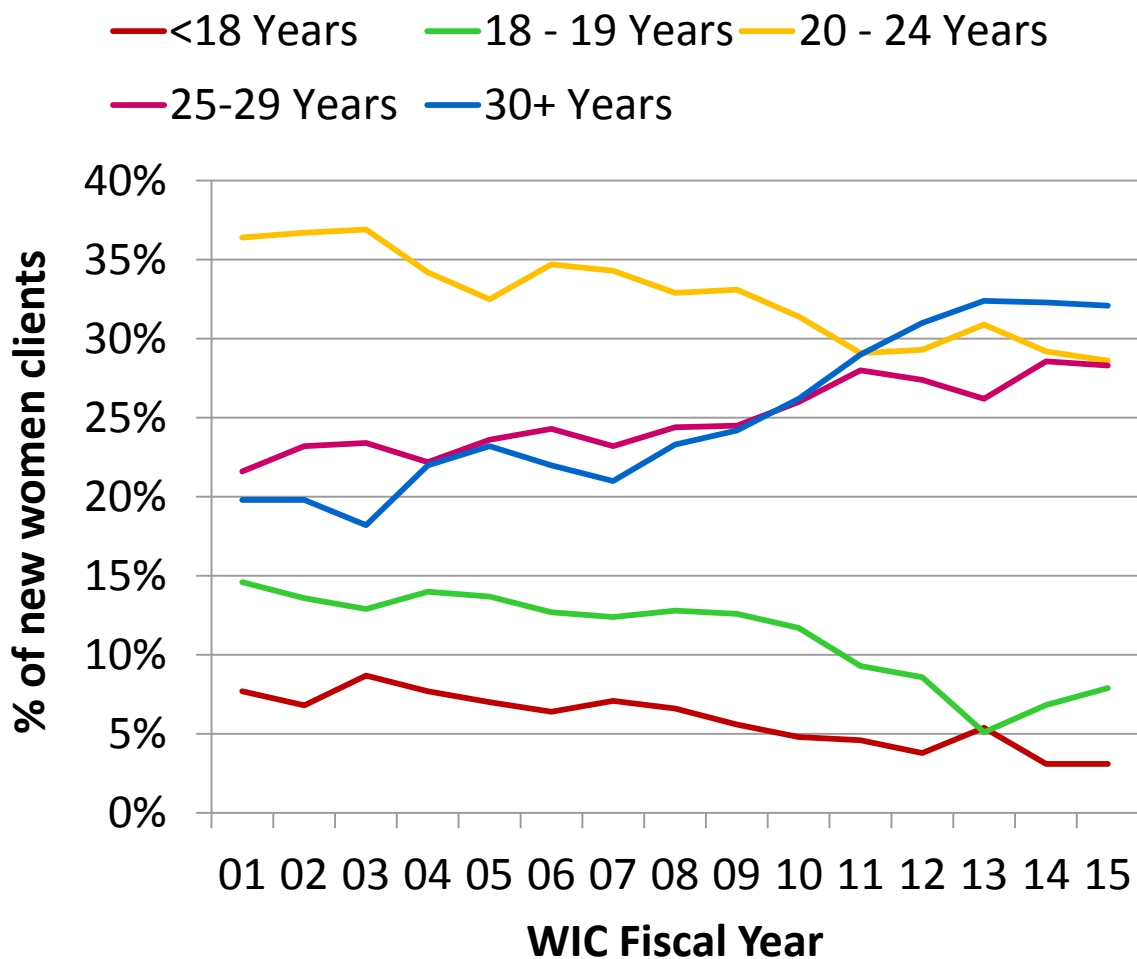
WIC CASELOAD AND GRANT HISTORY



NEW CLIENTS BY CITY OF RESIDENCE FOR LEADING CITIES: FY2015



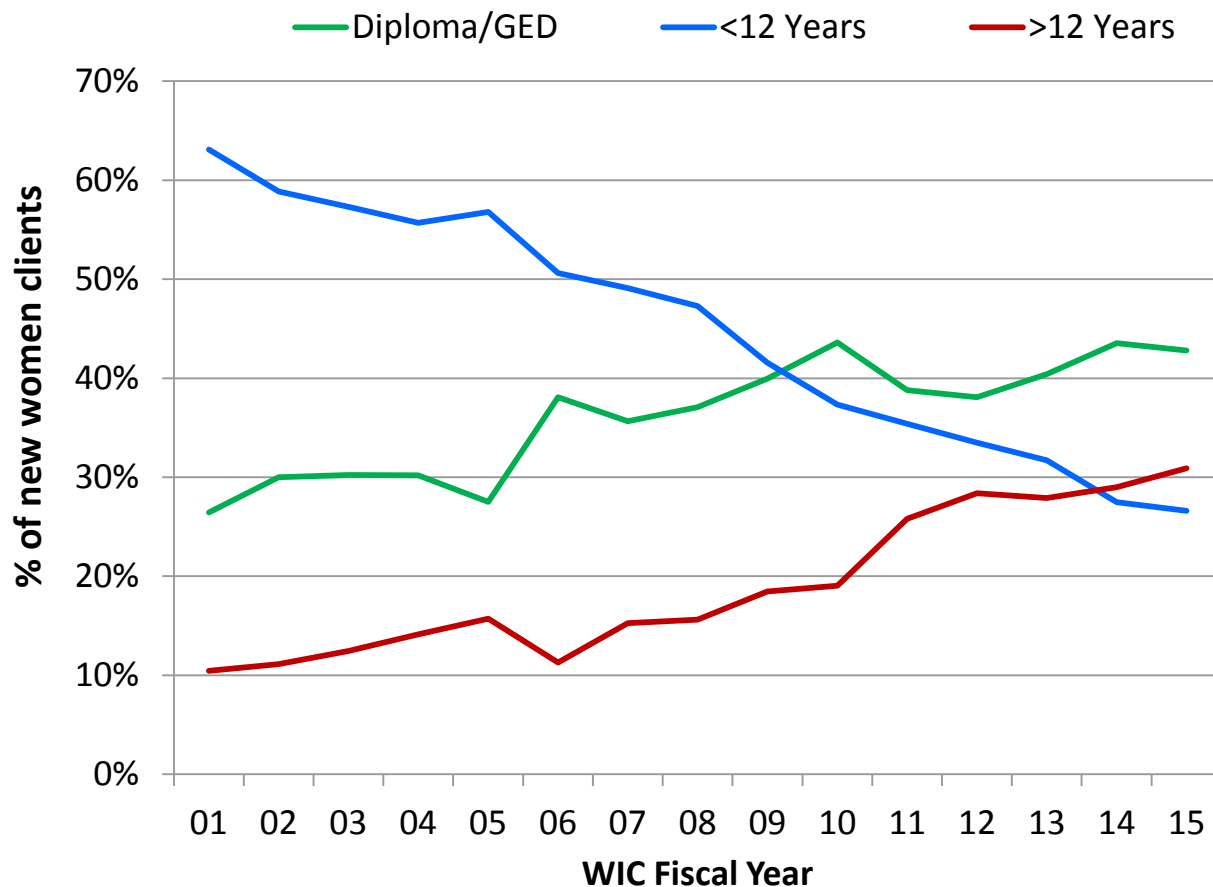
NEW WOMEN CLIENTS BY AGE GROUP



FY2015

Age Group	%
<20 Years	10.9%
20 - 24 Years	28.6%
25 – 29 Years	28.4%
30+ Years	32.1%

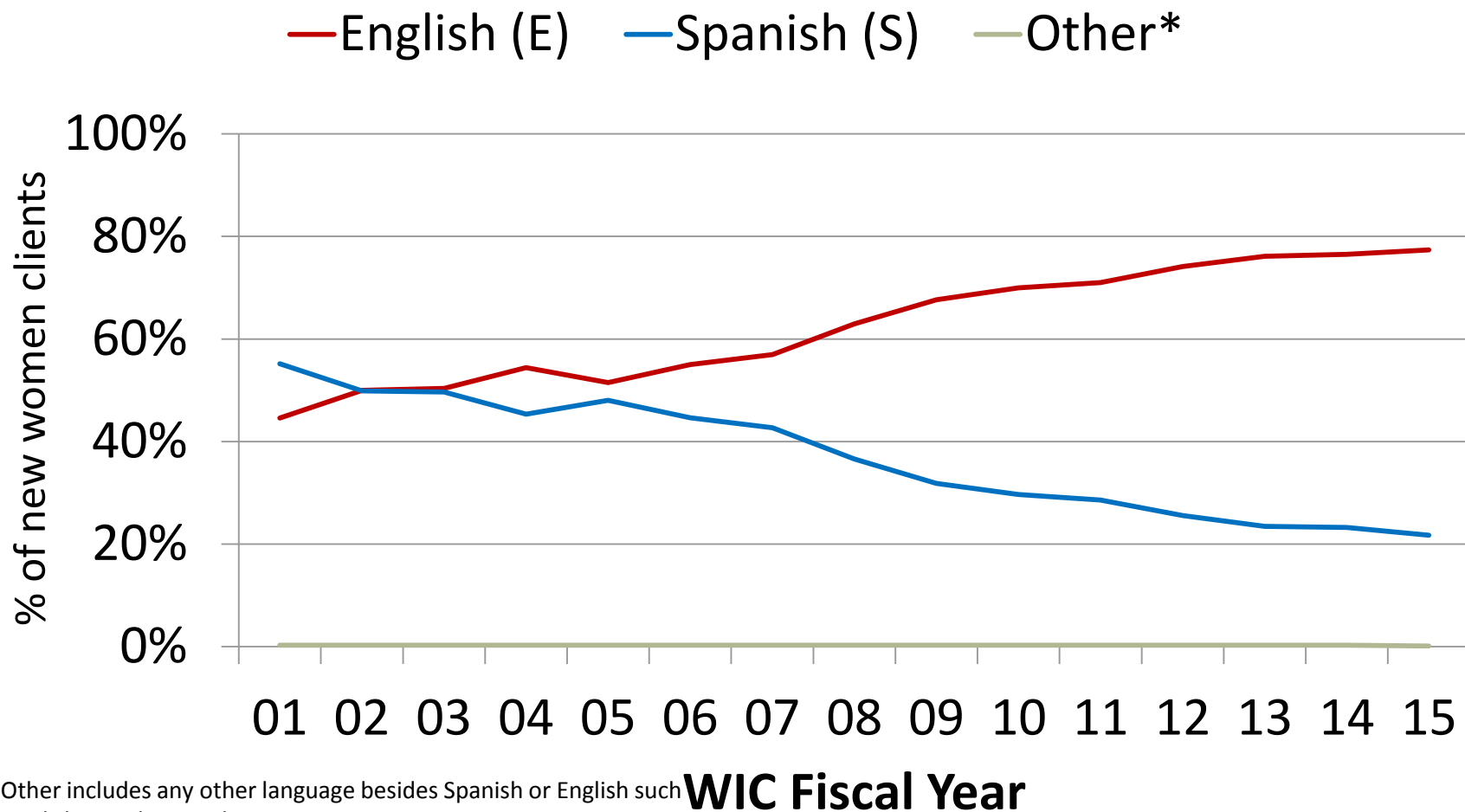
NEW WOMEN CLIENTS BY EDUCATIONAL ATTAINMENT



FY2015

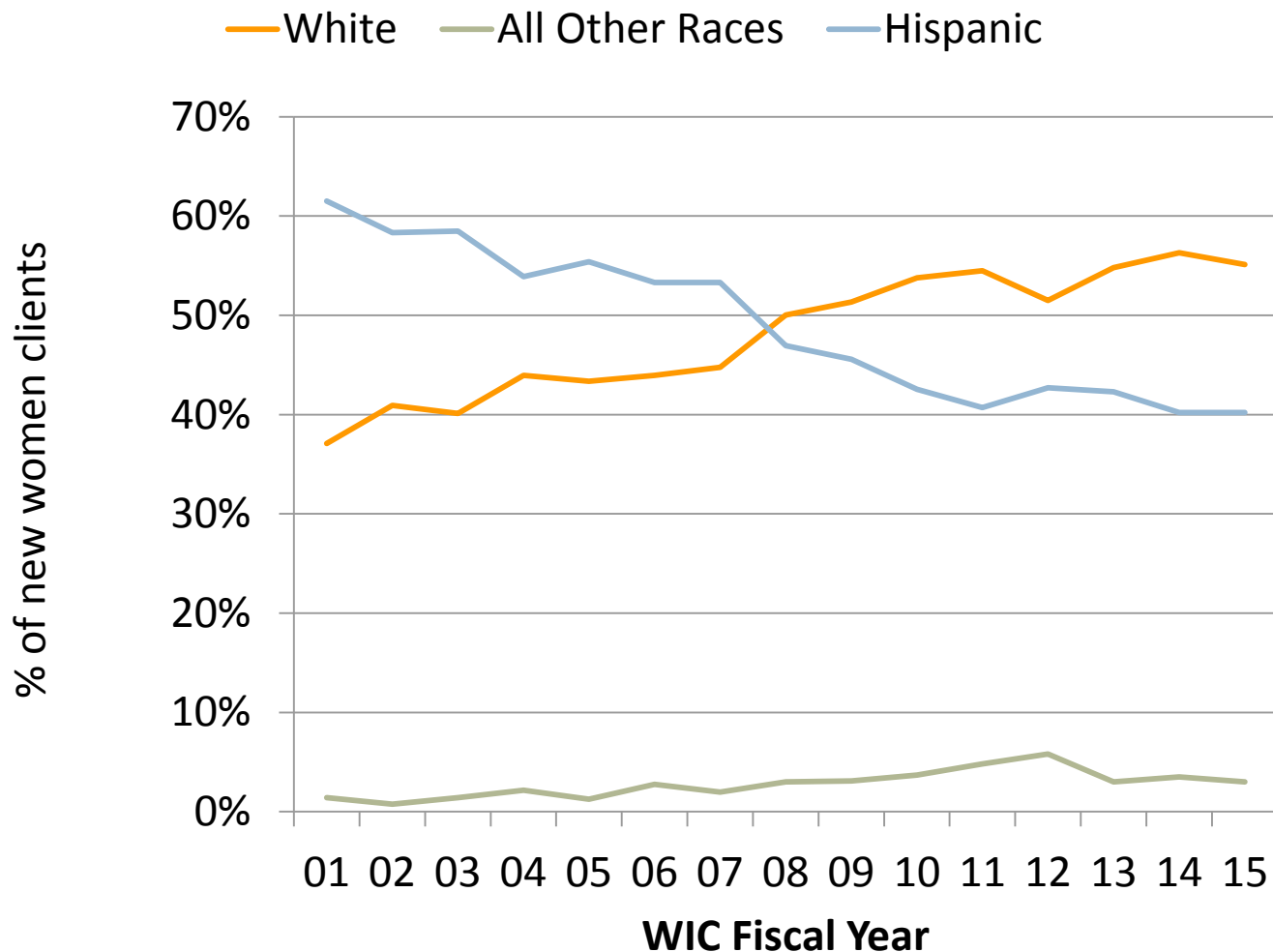
Educational Attainment	%
<12 years	26.3%
HS Diploma/GED	42.8%
>12 Years	30.9%

NEW WOMEN CLIENTS BY PRIMARY LANGUAGE SPOKEN



*Other includes any other language besides Spanish or English such as Polish, Tagalog, or Chinese.

NEW WOMEN CLIENTS BY RACE/ETHNICITY



Race/Ethnic Distribution of New Mothers	
Race/Ethnicity	%
White	55.1%
Black	2.8%
Other	0.3%
Hispanic	40.2%

WIC LOCATIONS

Harvard

(Harvard Community Health Center FQHC)
62 N Ayer Street
Harvard

McHenry

(McHenry Community Health Clinic FQHC)
3901 Mercy Drive
McHenry

MCDH

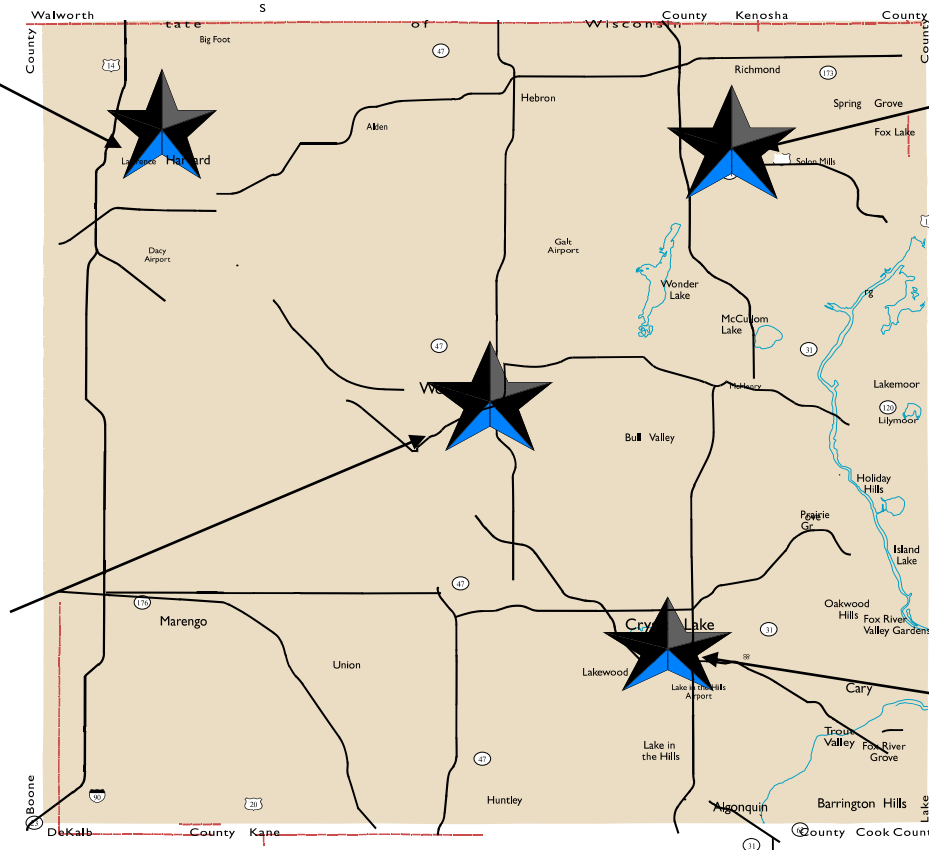
Woodstock

2200 N Seminary Ave
Woodstock

MCDH

Crystal Lake

100 N Virginia St
Crystal Lake



TARGETED LOCATIONS BRING SERVICES
DIRECTLY TO THE COMMUNITY

BENEFITS OF WIC LOCATED WITHIN COUNTY HEALTH DEPARTMENT

- ③ Trusted, effective MCDH program since the early 1980's;
- ③ '*Initial point of contact*' for public health services;
- ③ Ability to capture critical demographic data necessary for other MCDH programs who provide mandated services and for county planning purposes

COORDINATION OF SERVICES

Opportunity for coordination of services between other Health Department programs:

- ◎ CD/TB services (some of which are mandated)
- ◎ Immunization – including free or low-cost Tdap vaccine for caregivers of infants to prevent Pertussis
- ◎ Car seat program, tobacco cessation, substance abuse, and other preventive services



BENEFITS: EARLY PRENATAL CARE

Better birth outcomes

- ◎ Fewer low and very low birth weight infants
- ◎ Fewer premature births

Better nutrition

- ◎ Consume more of key nutrients such as:
Iron, Protein, Calcium, and Vitamins

Lower Healthcare costs

- ◎ Improved access to regular health care
- ◎ Testing for Sexually Transmitted Diseases (STD)

HOW THE WIC PROGRAM *Supports Breastfeeding*

- Peer Counselors
- Education
- Pump loan program



LIFELONG LEARNED HABITS...



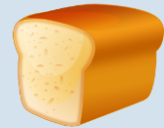


Clients receive food instruments (Voucher) for *specific supplemental foods* that may be exchanged at local participating stores.



ALL FOOD GROUPS ARE INCLUDED

Grains – Cereals, Whole Wheat Bread, Whole Wheat, Brown Rice, Soft Corn Tortillas



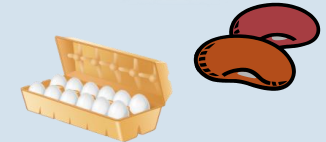
Milk – Milk and Cheese



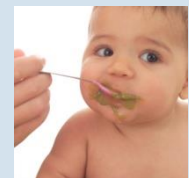
Fruits & Vegetables – Juice, Fresh, Canned, or Frozen Fruits and Vegetables



Protein – Eggs, Dried Beans or Peas, Peanut Butter, Canned Fish



Infant Items – Contract Formula, Infant Cereal, Jarred Foods, Prescription Formulas





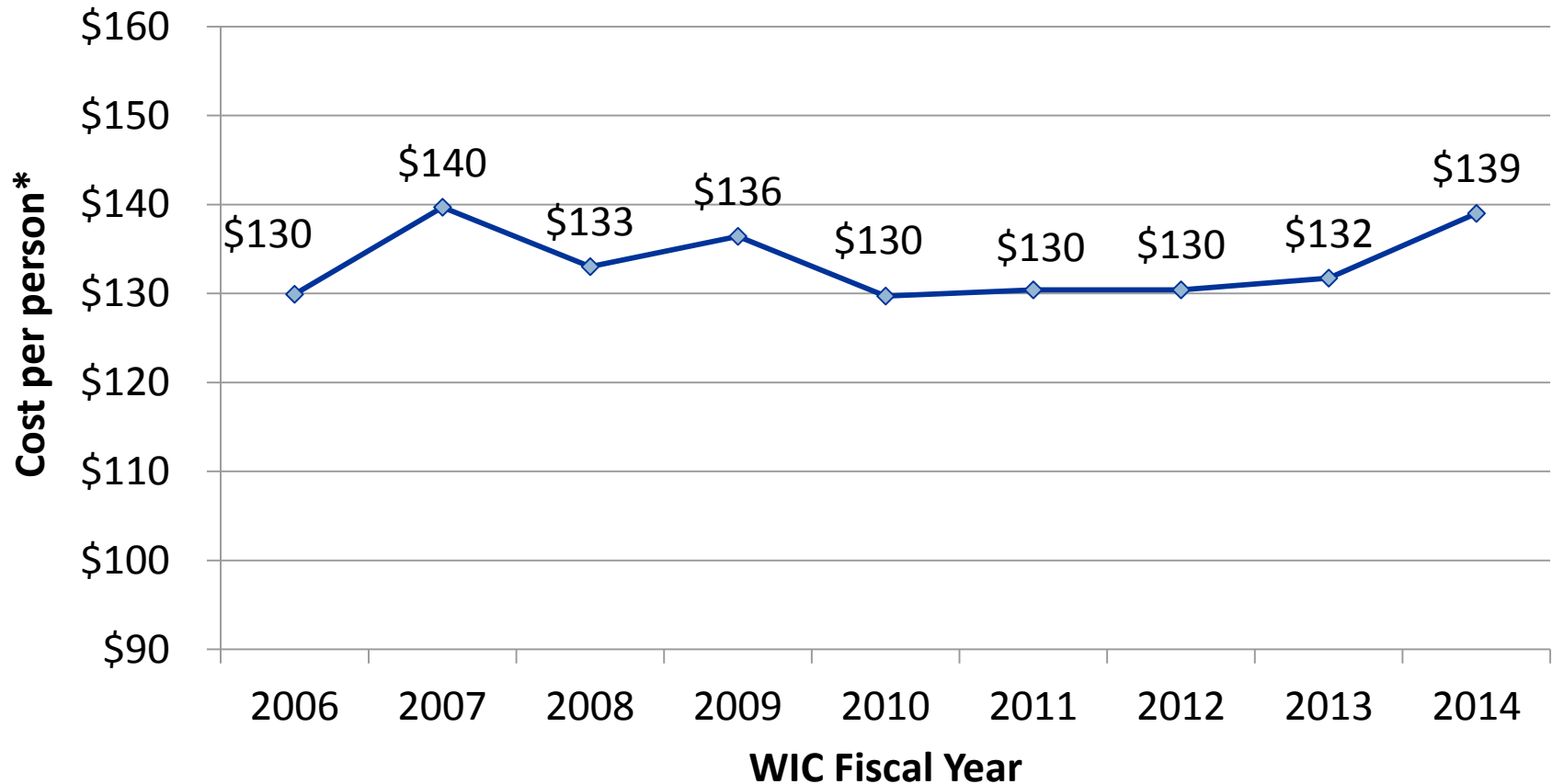
EAT FRESH,
LOCAL &
IN SEASON!

Visit your local

FARMER'S MARKET

Use your WIC Farmer's Market Coupons
July through October

MCDH WIC Cost Per Person*



*Grant award divided by assigned caseload.

WIC IMPACTS HEALTH

- **Increased**

- Breastfeeding rates

WIC Breastfeeding initiation rates in IL have increased to 77%

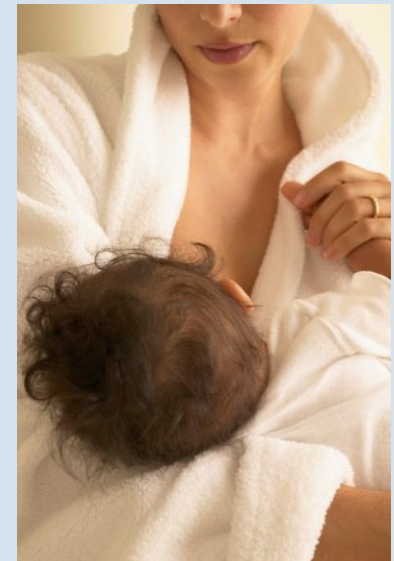
- Immunization rates

- **Improved Children's Health**

- Enables parents to offer proper diet during critical early years of growth and development

- **Reduces anemia**

- Through detection, education, and referral





SUCCESS STORIES

- Earlier prenatal care
- Better nutrition
 - Consume more of key nutrients such as:
 - *Iron, Protein, Calcium, and Vitamins*
- Better Birth Outcomes
 - Fewer premature births
 - Fewer low and very low birth weight infants
- Lower Healthcare costs
 - With improved access to regular health care
 - Referrals to community services
 - Increased Breastfeeding



MCDH



e-WIC



Mobile WIC

SOURCES



- ◎ Illinois Department of Public Health, Vital Records Department.
- ◎ IOM (Institute of Medicine). 2011. *Planning a WIC Research Agenda: Workshop Summary*. Washington, DC: The National Academies Press., p88
- ◎ Alexandria, Virginia: U.S. Department of Agriculture.
- ◎ U.S. Census Bureau, 2010 Decennial Census.
- ◎ National WIC Association



WIC

GATEWAY TO GOOD HEALTH



